



# Erie County Stay Fit Dining Program

## AFRICAN-AMERICAN MENU

### JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1 <b>HAPPY NEW YEAR!</b>  <b><u>NO MEALS SERVED</u></b>
4 Chicken Vegetable Stew Sweet Corn Buttermilk Biscuit Fresh Fruit 616	5 Cheese Omelet with Cheese Sauce Home Fries w/Red Pepper Ratatouille Multigrain Bread Fruited Gelatin 736	6 Homemade Stuffed Pepper Savory Tomato Sauce Duchess Mashed Potatoes Wax Beans & Mushrooms Dinner Roll Frosted Brownie 1137	7 Beef Pepper Casserole Fluffy Brown Rice Cauliflower Seasoned Spinach Lemon/Vanilla Pudding 646	8 Sliced Turkey w/Gravy Garlic Mashed Potatoes California Mixed Vegetables Dinner Roll Fresh Fruit 540
11 Swedish Meatballs over Spiral Pasta & Sauce Brussels Sprouts Carrot Coins Fig Bar 1090	12 Cheese Stuffed Shells with Tomato Meat Sauce Chef Salad w/Dressing Tender Peas Strawberry Bavarian 1034	13 Breaded Chicken Cutlet w/Gravy & Soft Roll Mashed Potatoes Broccoli Frosted Spice Cake 806	14 <b>ENTRÉE JULIENNE SALAD</b> Turkey, Ham & Swiss Chick Peas, Tomato, Carrot Fresh Lettuce Blend Pan Rye Bread Tropical Fruit 688	15 <b>Dr. Martin Luther King Lunch</b> Breaded Bone-In Pork Chop with Pan Gravy Mashed Potatoes Seasoned Collard Greens Fresh Cornbread Sweet Potato Pie 1203
18 <b>DR. MLK HOLIDAY!</b>  <b><u>NO MEALS SERVED</u></b>	19 Ham Steak w/ Maple Glaze Whole Sweet Potatoes Broccoli WW Dinner Roll Fresh Fruit 542	20 Penne Pasta w/Meatballs & Tomato Sauce Green Beans w/Red Pepper Chef Salad w/Dressing Pineapple Tidbits 805	21 Boneless BBQ Chicken Breast over White Rice Mashed Squash Tender Peas Fruited Gelatin 600	22 Hearty Meatloaf w/Gravy Grits w/Cheese Orange-Glazed Carrots White Bread Tapioca Pudding w/Fruit 852
25 Veal Parmesan w/Penne Pasta & Tomato Sauce Broccoli Grape Juice Fresh Fruit 846	26 Turkey a la King Peas & Carrots Chef Salad w/Dressing Buttermilk Biscuit Fruit Delight Bar 693	27 Shredded BBQ Pork Soft Roll Sweet Potatoes w/Apples & Raisins Fiesta Corn Rice Krispie Treat 929	28 Boneless Chicken Breast w/Pan Gravy Oven Browned Potatoes Green Bean Casserole Tropical Fruit 655	29 Beef & Rice Patty over Cabbage w/Savory Sauce Whipped Potatoes Breakaway Roll Southern Banana Pudding 774